



Summer workouts for children and adults.

These are available for 1-2-1 sessions or group bookings and are held every Tuesday at Bohunt Centre between July 27th and August 24th.

Children: half hour 1-2-1 or group bookings in Classical Ballet or *Chi Ball.

Adults: 1-2-1 or group bookings for *Chi Ball, Ballet or Dance Aerobics.

Places are limited, to check dates and time slots please email Rebecca: dance@liphookacademyofdance.co.uk.

*chi ball is a workout for mind and body combining Tai Chi, Yoga, Pilates and relaxation, great for any age or ability and can be adapted to help elderly or disabled people.

* The Chi Balls themselves are aromatherapy balls which also use colour therapy, you will need a yoga mat for this class, Rebecca supplies the Chi balls. For more detailed information about Chi Ball, Google Chi ball world.